

je psychosociální fungování jedince. Diagnostika a stanovení závažnosti příznaků se opírá o standardizované nástroje, jako je 7položková škála GAD-7 a Hamiltonova škála úzkosti (HAM-A).

Léčba GAD zahrnuje:

Farmakoterapii: první volbou jsou SSRI a SNRI, nadějně v léčbě se ukazují také pregabalin, agomelatin nebo vortioxetin.

Psychoterapii: kognitivně-behaviorální terapie (KBT) je považována za nejefektivnější, s možností využití technik jako mindfulness a expoziční terapie, aplikovatelné také ve virtuální realitě.

Neinvasivní stimulační metody: repetitivní transkraniální magnetická stimulace (rTMS) se ukazuje jako účinná, zatímco tDCS pravděpodobně efektivní není.

Celkově je léčba GAD komplexní a vyžaduje individualizovaný přístup.

Digitální intervence mohou být užitečnou alternativou, zejména v případě omezeného přístupu k tradičním terapiím.

Využití virtuální reality má hlavní přínos v oblasti expoziční terapie a umožňuje personalizovaný a interaktivní přístup v léčbě GAD.

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